A Note from Your Publisher

The holidays are over, but there’s one gift you may not have opened yet, and that is the gift of forgiveness. I’ve been talking about forgiveness since we published *Chicken Soup for the Soul: The Forgiveness Fix* in November. Forgiveness is such a great way to empower yourself, because when you use it to stop reliving past emotions you are seizing back control of your life.

Did you know the word “forgive” means you have decided to stop feeling angry or resentful toward the person who wronged you? It doesn’t mean that you are excusing the bad behavior or saying it wasn’t really so bad. It just means that you’ve decided to acknowledge that the thing happened, but that you will no longer feel those emotions.

There are real health benefits to forgiveness. I found a study from the Mayo Clinic that shows that forgiveness can lead to:

• A stronger immune system
• Lower blood pressure
• Less anxiety, stress and hostility
• Improved mental health
• Fewer symptoms of depression
• And healthier relationships

Here’s a link to my interview about forgiveness on Hallmark’s *Home & Family* in December: [https://vimeo.com/378919929](https://vimeo.com/378919929)

Happy New Year to all of you, and I wish you a year filled with forgiveness. It is so empowering to know that you can use the power of forgiveness whenever you want—to clear negative emotions from your mind and even to address those feelings before they get started!

With thanks, from your publisher, Amy Newmark

We write to taste life twice, in the moment and in retrospect.
~Anaïs Nin
Roz Warren (pictured left) held a fundraising event to raise money for the library where she works. She read from a couple of the Chicken Soup for the Soul books that contain her stories and she sold some of the contributor’s copies she’s accumulated over the years. Roz raised $250 for the Bala Cynwyd Library (Pennsylvania).

Lainie Belcastro (pictured right) is at it again. She was back at one of her favorite bookstores, Barnes & Noble in Center Valley, PA. The book signing was scheduled from 1 p.m. to 3 p.m. but she had such a large audience of readers, she stayed until 4:30. She heard a lot of great stories for our future miracle and angel books and encouraged people to submit them to Chicken Soup for the Soul. Lainie was also a guest on the radio talk show, WMTR AM, which streams live worldwide, sharing her Chicken Soup for the Soul stories.

Charles Earl Harrel, Connie Kaseweter Pullen and Samantha Ducloux Waltz (pictured left) spread holiday cheer in December at Russellville Park, a senior living facility in Portland, OR. They each read their story from Chicken Soup for the Soul: It’s Beginning to Look a Lot Like Christmas to a smiling group of more than twenty residents and staff. Then each person who attended received a bookmark with a Christmas ornament or pencil attached. One lucky resident won the raffle basket of three Chicken Soup for the Soul Christmas anthologies: It’s Beginning to Look a Lot Like Christmas, The Joy of Christmas and The Wonder of Christmas. Several others received a complimentary copy of Chicken Soup for the Soul: It’s Beginning to Look a Lot Like Christmas.

Samantha, Charles and Connie (right) did a second reading in December at another assisted-living center. They read their stories from Chicken Soup for the Soul: It’s Beginning to Look a Lot Like Christmas to a welcoming group of residents at Summerplace in Portland, OR. The gracious ladies and one gentleman were extremely appreciative of the bookmarks with a Christmas ornament attached that each of them received. The readers also gave away numerous signed copies of the Christmas book, which brought even more delighted smiles to the residents’ faces. The event proved to be an inspirational time of fellowship for both the writers and the residents.
More of Your Book Signings!

Marlene Bryenton (pictured left) had a very successful book signing at Indigo in Charlottetown, Prince Edward Island and sold around 25 books. Indigo asked her to sign 19 more books before she left. This was Marlene’s third book signing at Indigo. She included custom made bookmarks in the books and she also brought custom-made Christmas angel cookies. They cost her $2 each but she wanted to make this book signing extra special, even decorating the little blue and silver Christmas tree in the photo behind her and bringing along blue angel decorations. Marlene even color coordinated her outfit. What a beautiful book signing! Marlene says she was right at the front door of the store—great placement! She also reports there was lots of publicity in her local press.

On Saturday, December 14th, Garner Magnet High School, Garner, NC held their annual Deck The Halls holiday craft and vendor fair sponsored by the PTSA. Nancy Panko (pictured right) attended with several Chicken Soup for the Soul titles and sold a total of 15 books while meeting and greeting some wonderful people.

Nancy Panko (pictured left) also did a book signing at the opening weekend of Yellow House The Community Place in Clayton, NC. The refurbished Southern mansion is a new location for the Yellow House and is unique in that it carries lotions, soaps, fragrances, candles, home goods, clothing, accessories, children’s wear and books, and also has a bistro. The shop bought a full case of books for Nancy to sign, and she reports they sold all but four in a couple of hours!

In Other Contributor News

“Chicken Soup for the Soul: Think Positive, Live Happy chose the creator of Mindfulness-Based Stress Reduction Jon Kabat-Zinn’s quote to start my story, ‘Mindfulness Matters.’ I was really happy to be able to meet him and give him a copy of the book at the recent community retreat for the Parkland area. He was kind enough to take a picture with me, and said that ‘we are now always linked together through Chicken Soup for the Soul.’ It was an honor to meet him.”

~Adam Avin (pictured right in black), Creator of the Wuf Shanti Children’s Wellness Foundation and the Mindful Kids Peace Summit

Dr. Noelle Nelson (pictured left) wrote a story for Chicken Soup for the Soul: Think Positive, Live Happy about losing her Malibu home and all her possessions in the Woolsey Fire in November 2018. After her Chicken Soup for the Soul story was featured in her local paper, The Camarillo Acorn, in November 2019, a local veterans group reached out and offered to replace the American flag she had been given at the funeral for her father, a World War II veteran. Click here for the original story. And click here for the story in The Acorn — about the flag ceremony at which she received her new flag in honor of her father’s memory. We’re so excited that Noelle’s story in our book led to this wonderful event!
**We’re Looking for Your Stories, and Soon!**

**Chicken Soup for the Soul: Be You**

101 Stories of Affirmation, Determination and Female Empowerment

**Story Deadline:** January 31, 2020

Yes, this cover was revised again! Submit your story [here](#).

**Chicken Soup for the Soul: The Magic of Cats**

101 Tales of Family, Friendship & Fun

**Story Deadline:** January 31, 2020

Don’t you love this blue-eyed beauty? Submit your story [here](#).

**Chicken Soup for the Soul: The Magic of Dogs**

101 Tales of Family, Friendship & Fun

**Story Deadline:** January 31, 2020

Hurry, hurry, hurry! Submit your story [here](#).

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**Your Next Book**

**Chicken Soup for the Soul: Believe in Miracles**

101 Stories of Hope, Answered Prayers and Divine Intervention

**On Sale:** February 4, 2020

We received the “All Ages Dove Approved” seal from Dove.org for *Chicken Soup for the Soul: Believe in Miracles*. To read the review, [click here](#).

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**You published one or more of my stories in 2019. Will you be sending me a Form 1099 to file with my taxes?**

It’s that time of year again – time to gather your tax information. If we published at least THREE of your stories in 2019 and you live in the U.S., you will be receiving a Form 1099 from us to include with your tax information.

Anyone who makes a minimum of $600 from a company receives this form and we also file it with the IRS. You will only receive a 1099 from us if you are a U.S. taxpayer and we published at least 3 of your stories in 2019.

If we published 1 or 2 of your stories in 2019 we will NOT be sending you a Form 1099 as we did not pay you at least $600. In that case, you are responsible for reporting this income on your own.

If you have moved since we published your latest story, and we paid you $600 or more in 2019, please be sure you have given us your new address.

Please provide us with your new address immediately, as the forms go in the mail by January 31st! If you moved, please send your updated address to [webmaster@chickensoupforthesoul.com](mailto:webmaster@chickensoupforthesoul.com).